

# Good For You...

## benefits of breastfeeding

- ✿ can speed weight loss
- ✌ shrinks the uterus back to normal size
- ☼ baby cries less
- ✎ breastmilk is free — no formula or bottles to buy
- ✿ sleep easier at night... take baby to bed for feedings
- ✌ releases prolactin — a calming, "mothering" hormone
- ✿ breastmilk travels with you and is always ready when you are

☼ breastmilk is all your baby needs to eat or drink for about the first 6 months of life

✿ reduces baby's risk of becoming overweight

✿ breastmilk causes less tummy trouble

✿ reduces chance for ear infections

✌ breastmilk protects baby against allergies

✎ immunizes baby against disease

☼ protects against respiratory infections

may reduce risk of  
Sudden Infant Death  
Syndrome

# Good for baby, too...

Teens who want more information about breastfeeding can call their Local WIC breastfeeding counselor: \_\_\_\_\_

### WIC Breastfeeding Resources:



**Baby Your Baby**  
1-800-826-9662  
**Pregnancy RiskLine**  
1-800-822-BABY (2229)  
**1-801-328-BABY (2229)**

**1-800-La Leche**



**(525-3243)**

**1-801-264-LOVE**



<http://health.utah.gov/wic>

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# Let's Talk About...

